

# *MOVING PUNCHING BAG AND METHOD*

## **Abstract**

Apparatus and method for training a boxer, martial artist, or other competitive combatants. The apparatus can have a support base 10, a rotatable shaft 40, a transverse member 50 secured to the rotatable shaft, a drive 30 to rotate the shaft, and a training target 60 such as a punching bag, speed bag, heavy bag. The apparatus can mimic an opponent, being able to advance toward, move away from, or move to the left or right of the training combatant. The drive can be remotely controlled so as to mimic the random movements of an opponent.